

fees for services

2011

Lenox

Effective: January 5, 2011

CANYONRANCH®
The Power of Possibility®

TRY SOMETHING NEW AT CANYON RANCH

NATURE RITUAL

Return to your natural essence and feel the exhilaration of being alive in a powerful six-part ritual based on Finnish traditions. Your skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudberries. Then, your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a myofascial massage that gets to the depth of the muscles using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality.

100 minutes.....\$270

WELLNESS SERVICES AT HOME

Did you know that the expertise and support you enjoy at Canyon Ranch is available to you between visits? Yes, you can follow up via phone, email or Skype with virtually anyone you connect with at Canyon Ranch – booking appointments and payment by credit card is easy. You can have your questions answered, report on progress, receive encouragement and get expert advice at your convenience.

Among the staff members you can consult with from home:

- Chinese Medicine Practitioners
- Exercise Physiologists
- Healing Energy Practitioners
- Licensed Therapists
- Metaphysical Services Providers
- Movement Therapists
- Nutritionists
- Physicians
- Spirituality Experts

While you're on property, you can arrange at-home coaching in advance with individual staff members or through Program Advising or at the Integrative Healing reception desk. To schedule an appointment from home, please call 800-225-9878.

Times & fees vary

HEALTH PACKAGES

Fees are in addition to standard package rates

Brain Fitness, 4 nights or longer.....	\$2,100
Inspired Living, 4 nights or longer.....	\$1,475
Members Health Package, 4 nights or longer.....	\$2,865
New Approaches to Weight Management, 4 nights or longer.....	\$2,000
Optimal Living: Specialty Focus, 3 nights.....	\$1,095
<i>(Fees will vary when package is customized)</i>	
Optimal Living: Specialty Focus, 4 nights or longer.....	\$1,510
<i>(Fees will vary when package is customized)</i>	
Optimal Stress & Mood Management, 4 nights or longer.....	\$1,695

CLEVELAND CLINIC – CANYON RANCH
EXECUTIVE HEALTH PROGRAM

Fees are in addition to standard package rates

Executive Health Program, 4 nights or longer.....	\$3,700
Enhanced Executive Health Program, 5 nights or longer.....	\$5,860

BODY TREATMENTS

Anti-Aging Body Treatment	50 min.....	\$175
Conditioning Body Scrubs		
Grapefruit.....	50 min.....	\$160
Lavender	50 min.....	\$160
Mango Sugar Glo.....	50 min.....	\$160
Detoxifying Herbal Wrap	25 min.....	\$80
Detoxifying Ritual	100 min.....	\$270
Euphoria Ritual	100 min.....	\$270
Lavender Relax	50 min.....	\$160
	100 min.....	\$270
Moor Mud Wrap.....	50 min.....	\$160
Nature Ritual	100 min.....	\$270
Parafango	80 min.....	\$190
Remineralizing Bliss	100 min.....	\$270
Revitalizing Ritual.....	100 min.....	\$270
Sea Salt Scrub.....	50 min.....	\$160
Tanning Treatment	80 min.....	\$190
Follow-up Tanning Treatment.....	50 min.....	\$130
Your Transformation Body Rejuvenation.....	50 min.....	\$160
Your Transformation Head to Toe.....	100 min.....	\$280

CANYON RANCH MEDICINE

Ayurvedic Medicine Consultation	80 min.....	\$600
Biomarker Health Status.....	times vary	\$3,715
Cardiac Stress Test	50 min.....	\$585
Cardiometabolic Stress Test		
& Pulmonary Function	2 sessions.....	\$830
Cardiovascular Profile Assessment.....	(2) 25 min.....	\$445
Complex Integrative Medicine		
Consultation.....	50 min.....	\$655
DEXA Body Composition	(3) 25 min.....	\$420
Genomics		
Part I Consultation.....	50 min.....	\$425
Part II Nutrigenomics.....	50 min.....	\$235

Heart-Rate Variability Testing	(2) 25 min.....	\$345
Integrative Medicine Consultation	50 min.....	\$425
Medical Sleep Disorders	50 min.....	\$425
Naturopathic Medicine Consultation	50 min.....	\$300
Optimal Health Consultation	25 min.....	\$230
	50 min.....	\$425

Osteoporosis Prevention &		
Bone Density Evaluation	(2) 25 min.....	\$390
Personalized Physical	50 min.....	\$425
Physical Therapy.....	50 min.....	\$180
Sexual Health		
Individuals.....	50 min.....	\$215
Couples.....	100 min.....	\$370
Sleep Study & Follow-up	times vary.....	\$680
Vision, Hearing & Spirometry	50 min.....	\$500
Women's Health Consultation	50 min.....	\$425

EXERCISE/MOVEMENT

Agility & Balance Evaluation & Training.....	50 min.....	\$130
Align & Lengthen: Skills for		
Lifelong Good Posture	50 min.....	\$120
Aquatic Therapy	50 min.....	\$140
Aquatic Training	50 min.....	\$120
Balancing for Life.....	50 min.....	\$120
Bike Rides, Tours & Lessons		
Bike Lesson	50 min.....	\$120
Biking on Your Own	times vary.....	Comp.
Group Bike Rides	times vary.....	Comp.
Group Mountain Biking.....	times vary.....	Comp.
Private Bike Tours.....	times & fees vary	
Body Composition.....	15 min.....	Comp.
Build a Stronger Back.....	(2) 50 min.....	\$300
Canoeing		
Group Canoe & Hike	times vary.....	Comp.
Group Canoe Adventures.....	times vary.....	Comp.

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Comprehensive Exercise Assessment.....(2) 50 min.	\$260
Core Conditioning..... 50 min.	\$120
Cross-Country Skiing	
Group Cross-Country	times vary Comp.
Group Cross-Country Lessons & Tours.....	times & fees vary
Dance..... 50 min.	\$120
Downhill Skiing Package.....	times & fees vary
Exercise for Healthy Aging	50 min. \$130
Exercise for Weight Loss & Body Definition.....	50 min. \$130
Flexibility/Stretching.....	50 min. \$120
Golf, Tennis, Skiing or Running:	
Conditioning for Success	50 min. \$130
Group Fitness Classes.....	45 min. Comp.
Group Fitness Walks.....	times vary Comp.
Group Pole Hiking, Snowshoeing &	
Winter Hiking	times vary Comp.
Gyrokinesis®.....	50 min. \$120
Gyrotonic Expansion System®.....	50 min. \$120
Healthy Flexibility.....	50 min. \$130
Hiking	
Group Hikes	times vary Comp.
Hike & Paint	times vary \$90
Hike & Photography.....	times vary \$90
Private Hike	times & fees vary
In the Snow	
Pole Hiking, Snowshoeing	
& Winter Hiking	times vary Comp.
Private Snowshoe Lesson	80 min. \$140
Winter Snow Adventure.....	6 hrs. \$300
Metabolic Exercise Assessment	(2) 50 min. \$350
Mind-Body Private Training	
Ayurvedic Yoga Practice.....	50 min. \$120
Breathing Practice.....	50 min. \$120
Meditation.....	50 min. \$120
Qi Gong	50 min. \$120

Tai Chi.....	50 min. \$120
Yoga Lesson.....	50 min. \$120
Movement for Freedom &	
Ease in the Body.....	50 min. \$120
100 min.	\$240
On the Water	
Group Kayaking (semi-private)	times vary \$90
Private Kayaking Lessons & Tours	4 hrs. \$250
6 hrs.	\$300
Pool Kayaking.....	100 min. \$150
Sculling (semi-private)	2-3 hrs. \$135
Stand Up Paddle Boarding	
Group (semi-private)	times vary \$90
Private	4 hrs. \$250
Outdoor Sports Private Training.....	80 min. \$130
Performance Orthotics Assessment	25 min. \$85
<i>(Cost of orthotic inserts is in addition to service fee)</i>	
Personal Training with our Fitness Team.....	50 min. \$120
<i>(Any fitness activity may be booked as a Private Session)</i>	
Pilates	
Pilates Duet	50 min. \$90
Pilates Individual.....	50 min. \$120
Pilates Mat.....	50 min. \$120
Pilates Small Group (semi-private)	50 min. \$90
Posture Analysis.....	50 min. \$130
Ropes	
Aerial Adventure	80 min. \$90
High Ropes Challenge Course.....	2-4 hrs. \$220
R _x for Exercise.....	50 min. \$130
Specialized Needs Training	50 min. \$140
Sports/Athletic Conditioning	50 min. \$120
Strength Training.....	50 min. \$120
Swim Lesson.....	50 min. \$120
Target Heart-Rate Determination	50 min. \$130

Tennis

Private Tennis Lesson	50 min.	\$125
Semi-Private Tennis Lesson	50 min.	\$75
Tennis Clinic	50 min.	\$60
TRX® Training	50 min.	\$120
Women's Health & Exercise	50 min.	\$130
Yamuna® Body Rolling – Personal Training & Taking It Home	50 min.	\$120
<i>(Additional fee for kit)</i>		

HEALING ENERGY

Acu-Massage	50 min.	\$185
Acuphoria.....	50 min.	\$185
Acupuncture.....	50 min.	\$185
Acupuncture for Healthy Weight	100 min.	\$395
Acutonics®.....	50 min.	\$185
Canyon Ranch Energy Renewal.....	50 min.	\$150
Chinese Herbal Consultation	50 min.	\$200
Chinese Medicine Nutrition Consultation..... (2)	50 min.	\$325
Clearing Energy Blocks	50 min.	\$265
Craniosacral Therapy	50 min.	\$130
Healing Energy	80 min.	\$185
Oriental Facial Rejuvenation.....	110 min.	\$335
Oriental Vitality.....	110 min.	\$365
Reiki.....	50 min.	\$130
Therapeutic Qi Gong.....	50 min.	\$185

LIFE MANAGEMENT

** These Life Management services are available with a Ph.D. for an additional fee*

Attention & Memory Enhancement.....	2 sessions	\$635
Biofeedback Profile & Take-Home Plan	100 min.	\$385
Building Better Relationships		
Individuals	50 min.	\$150 *
Couples	50 min.	\$230 *
EMDR: Releasing the Past & Embracing the Future	times & fees vary	
Emotional Intelligence	50 min.	\$175 *
Exploring Your Personality	(2) 50 min.	\$415
Healthy Family Business	50 min.	\$200
Healthy Lifestyle.....	50 min.	\$150 *
Heart-Mind Connection: Secrets for Transforming Stress	50 min.	\$175
Hypnotherapy.....	50 min.	\$175 *
	100 min.	\$350
Inner Journey.....	100 min.	\$350
Introduction to Biofeedback	50 min.	\$175
Lifemapping: A Training in Holistic Thinking & Problem Solving.....	50 min.	\$150
Meditation, Visualization & Relaxation.....	50 min.	\$150 *
Relationships With Food.....	50 min.	\$150 *
Sexuality, Intimacy & Passion		
Individuals	50 min.	\$200
Couples	100 min.	\$320
Sleep Enhancement/Insomnia.....	50 min.	\$150 *
Smoking Cessation	50 min.	\$150 *
Stress Management.....	50 min.	\$150 *
Talking to Your Kids About Sex	50 min.	\$175

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MASSAGE & BODY WORK

Abhyanga	50 min.	\$160
Ashiatsu – Deep Barefoot Massage.....	50 min.	\$150
	100 min.	\$270
Authentic Aromatherapy Treatment	50 min.	\$160
	80 min.	\$230
Ayurvedic Herbal Rejuvenation	80 min.	\$200
Bindi-Shirodhara.....	100 min.	\$270
Canyon Ranch Massage.....	50 min.	\$130
	80 min.	\$200
	100 min.	\$250
Canyon Stone Massage	80 min.	\$220
Deep Tissue Massage.....	50 min.	\$150
	80 min.	\$230
	100 min.	\$270
Hands, Feet, & Scalp	50 min.	\$130
Head, Neck & Shoulders.....	50 min.	\$130
Hydromassage.....	45 min.	\$145
Hydrotherapeutic Enhancements		
Detoxifying Bath.....	25 min.	\$80
Relaxing Bath.....	25 min.	\$80
Remineralizing Bath.....	25 min.	\$80
Lymphatic Treatment.....	50 min.	\$130
	100 min.	\$250
Marma Chikitsa	50 min.	\$160
Muscle Melt for “Road Warriors”	50 min.	\$160
	100 min.	\$270
Neuromuscular Therapy	100 min.	\$250
Prenatal Massage.....	50 min.	\$130
Reflexology.....	25 min.	\$70
	50 min.	\$130
Shiatsu.....	50 min.	\$130
	100 min.	\$250
Shirodhara.....	50 min.	\$160
Thai Massage.....	100 min.	\$270

METAPHYSICAL

Astrology.....	50 min.	\$190
Clairvoyant Reading.....	50 min.	\$190
Handwriting Analysis	50 min.	\$190
Numerology	50 min.	\$190
Tarot Card Reading.....	50 min.	\$190

NUTRITION & FOOD

Chinese Medicine Nutrition Consultation.....(2)	50 min.	\$325
Comprehensive Digestive Analysis	50 min.	\$150
Detox Your Diet.....	50 min.	\$130
Digestive Wellness	50 min.	\$150
Fastest Meals Imaginable	50 min.	\$130
Food Allergy/Sensitivity Testing.....	50 min.	\$150
Hands-On Cooking.....	90 min.	\$125
Healing Foods.....	50 min.	\$150
Healthy Eating Consultation	50 min.	\$130
Individual Nutrition Lab Analysis.....	50 min.	\$150
Insulin Resistance/Type 2 Diabetes.....(2)	50 min.	\$300
Lunch & Learn.....	50 min.	Comp.
Maximize Your Metabolism	3 sessions	\$485
Menus by Design.....	50 min.	fees vary
Neuronutrition: Food for Thought	50 min.	\$150
Nutrition for Weight Loss.....(2)	50 min.	\$260
Nutrigenomics.....	50 min.	\$235
Vitamin & Mineral Evaluation	50 min.	\$150

SALON

Healthy Hair

Color.....	80 min.....	fees vary
Custom Blend Hair & Scalp Treatments.....	45 min.....	\$115
Cut for Men.....	25 min.....	\$55
Cut for Women.....	45 min.....	\$105
Gentlemen's Scalp Renewal.....	30 min.....	\$85
Highlights.....	times & fees vary	
Style.....	times & fees vary	

Nail Services

Buff Manicure.....	30 min.....	\$60
Buff Pedicure.....	50 min.....	\$90
Canyon Stone Pedicure.....	80 min.....	\$145
Feet So Soft Pedicure.....	50 min.....	\$115
Gentlemen's Manicure.....	30 min.....	\$45
Gentlemen's Pedicure.....	50 min.....	\$75
Hands So Soft Manicure.....	45 min.....	\$85
Ice Cream Pedicure.....	50 min.....	\$95
Nail Art.....	15 min.....	\$25
Radiance Peel Manicure.....	45 min.....	\$90
Radiance Peel Pedicure.....	50 min.....	\$120
Spa Manicure.....	30 min.....	\$45
Spa Pedicure.....	50 min.....	\$75
Toes on the Go.....	30 min.....	\$50

Specialty Services

Brow Design.....	15 min.....	\$45
Makeup Consultation & Lesson.....	50 min.....	\$125
Paraffin for Hands, Feet & Elbows.....	times & fees vary	

SKIN CARE

Ask about additional, seasonal services

Advanced Age-Management Facial.....	80 min.....	\$250
Ageless Oxygen Boost.....	50 min.....	\$220
Deep Cleansing Facial.....	50 min.....	\$165
Gentlemen's Facial.....	50 min.....	\$130

Optional Enhancements

Anti-Aging Neck & Décolleté Treatment.....	times vary.....	\$65
Enzyme Treatment.....	times vary.....	\$60
Revital Eyes.....	times vary.....	\$60
Waxing/Hair Removal.....	times & fees vary	
Restoring Radiance Peel Facial.....	50 min.....	\$220
Sensitive Skin Facial.....	50 min.....	\$165
Total Elegance Age-Minimizing Facial.....	50 min.....	\$165
Total Elegance Facial.....	50 min.....	\$130
Vitamin Infusion Facial.....	50 min.....	\$165
Your Transformation Body Rejuvenation.....	50 min.....	\$160
Your Transformation Facial.....	50 min.....	\$130
Your Transformation Head to Toe.....	100 min.....	\$280
Your "Total" Transformation Facial with Oxygen Infusion.....	80 min.....	\$280

SPIRITUALITY

Shamanic Journey.....	50 min.....	\$210
Soul Coaching.....	50 min.....	\$210

WELLNESS SERVICES AT HOME

Chinese Herbal Follow-Up.....	25 min.....	\$130
Exercise Coaching.....	25 min.....	\$85
	50 min.....	\$130
Life Management Coaching.....	25 min.....	\$90
	50 min.....	\$150
with a Ph.D.	25 min.....	\$100
	50 min.....	\$190
Nutritional Coaching.....	25 min.....	\$85
	50 min.....	\$130
Optimal Health Follow-Up with an M.D.	25 min.....	\$230
	50 min.....	\$425

